



Arcadia
Foot & Ankle, P.C.

Advanced Footcare

Dr. Allison L. Cheney, DPM

Gout Trigger Foods: Moderation is key!

Trigger Foods	High in Purines increase the risk of elevated Uric Acid levels.
Red Meat	Beef
Poultry	Turkey, Goose, Wild Game
Organ Meats	Liver, Kidneys, Sweetbreads, Brains
Seafood	Herring, Tuna, Anchovies, Salmon, Sardines
Vegetables	Asparagus, Cauliflower, Spinach, Mushrooms
Yeast	Pastries, Cakes, Breads, Bagels, Brewer's Yeast
Alcohol	Beer, Wine, Whiskey, Malt Liquors
Sugar Drinks	High fructose corn syrup, Non- diet sodas, "Fruit" drinks

* The above foods may trigger a gout attack if your Uric Acid levels should be too high.

* Consume these foods in moderation to prevent an attack.

* Visit our blog posted on 2-15-2013 for more information!

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